

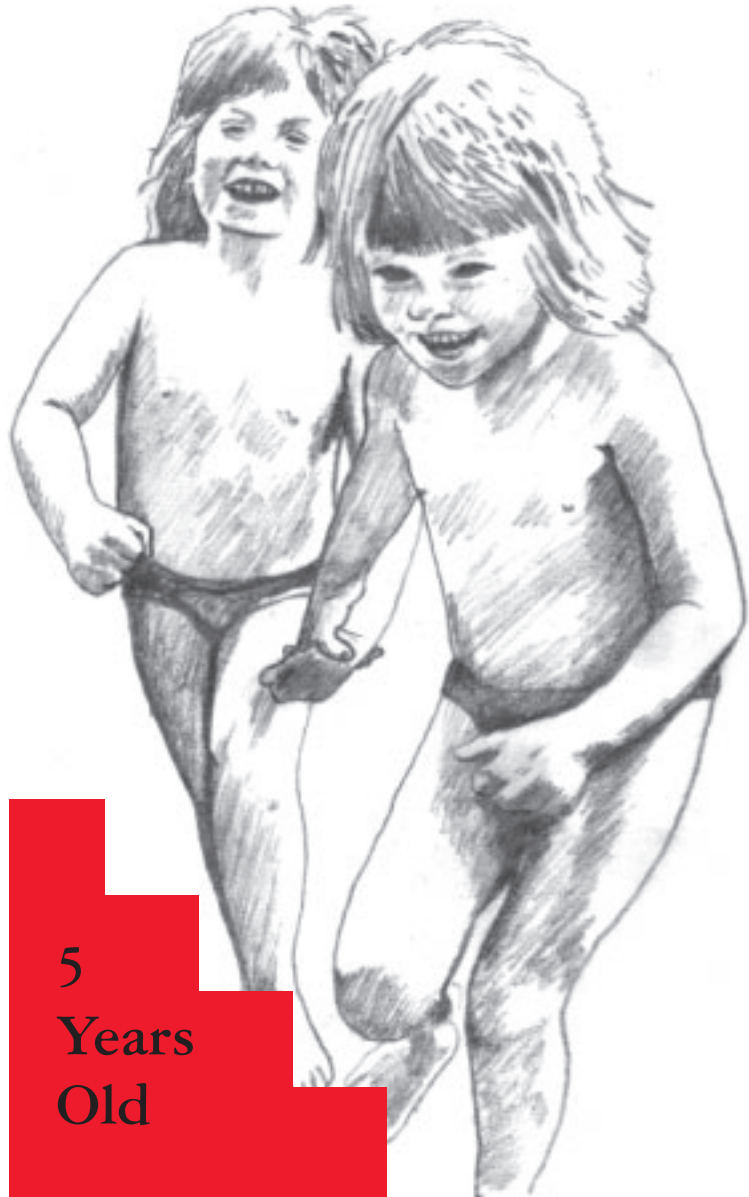
## How to Keep Me Safe:

- Teach me consistent seat belt use.  
Be a role model.
- Remind me to always wear a bicycle helmet  
when cycling or sledding.
- Teach me how to cross a street safely.
- Discuss “good and bad touch” with me.  
Encourage me to tell you if any touch makes  
me feel uncomfortable.
- Teach me how to swim and how to be safe  
around water.

This information lists activities and normal signs of growth and development that most children will be able to do during this time period. If you have questions about your child's performance or growth and development, contact your health care provider or local health department.

It is important that children have regular health checks at the ages of 2 weeks, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 3 years, 4 years, 5 years, 6 years, 8 years, 10 years, 12 years, 14 years, 16 years, 18 years, 20 years. For information on medical coverage, contact your local community service office. If you have medical coupons, ask your doctor or health care provider for a “Healthy Kids” or EPSDT screening.

## How I Grow



5  
Years  
Old

## How I Develop:

- I can name colors, describe opposites and you can recognize my drawings.
- I can catch a ball that is bounced first and I can hop. I can jump rope, ride a tricycle and tie my shoes.
- I may sometimes stutter if I am thinking faster than I can speak. I may still have difficulty saying “s” and “sh” sounds.
- I like to tell stories about myself and others.
- I may often ask you the meaning of words.

## How I Act:

- I may have a best friend who is very important to me.
- I may be easily scared, especially by movies or TV shows. After scary shows, I may have nightmares and be unable to sleep. I may have rituals (like looking under my bed) to avoid fears.
- I base my self-concept on what I am learning to do and the response of people around me.
- I sometimes think my thoughts can cause things to happen, or if I do not think about something, it will not happen.

## How You Can Help Me Learn:

- Provide support and recognition for me as I try out new skills. Give me opportunities to have new experiences.
- Do not criticize me if I do not perform perfectly, but praise me for my efforts.
- Provide toys that I can experiment with and let me use them as I choose (as long as I am not going to hurt myself).
- Teach me healthy routines, like regular tooth brushing, exercise, sleep, and not too much TV.
- Be a good role model, like always telling the truth (not telling “white lies”).



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**Sincerely,**

**Health Education Resource Exchange Web Team**